

# STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME

By the residents, for the residents.

## MISSION STATEMENT:

**"To disseminate information regarding veterans care, entertainment and goodwill."**

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Veterans Home,  
Marshalltown, Iowa 50158

## Mother Nature Cooperated for July 4th Here at IVH

*By Ken Wilson*

**T**he 4th of July was fantastic this year. One reason was the mosquitoes were held to a minimum. I only had one of the pesky little devils descend on my arm this year. The area around the food court and stage was relatively free of them.

The vocal entertainment of Linda Johnson was outstanding, as it was last year. Her housecleaning lady act was hilarious. She happened to come up behind my chair and was dusting the entrance sign to the parking lot. I wondered at first glance why housekeeping was out in the parking lot, then it clicked that it must be entertainment when I saw her outfit for real. I went to the food court to get some real Mexican food only to find out they did not come this year because of insurance prices.

The food court was sparse with only 3 vendors present, but they each had plenty of food. One of the vendors that had the best prices was our own conces-

sion stand, but its location was rather remote.

The fireworks were good, but my own personal opinion was the show was a little better last year with more "design" fireworks. This year was very colorful but not as intricate.

I was fascinated with the transfer buses. It seemed like the kids riding them were having a blast. Many rural kids have probably never rode a city bus. I know as a child I would have been fascinated with the lights, the different sounds, and the handicap ramps. I decided to go over there at the end to do some counting and timing. There were about 200 people using them to return. There were 3 buses each time. The return time was 20 minutes, which is not bad considering you could spend that much time trying to get out onto Highway 14 at the old site. I have been told by some it took them an hour to get out!

*See Photo's next page*

## Firework Photos Taken By Loren Martens







# Statehouse Issues



*By Mark Smith,  
State Representative*

My dates for "Town Hall" meetings will be August 24 and September 28 at 9 a.m. in the Malloy LRC. I'm again extending an invitation to Kate Walton from Governor Culver's office to join us. I hope to see you then!

-Mark



## Thanks for Support

*By Letha Foreman, Malloy 4 North*

I am writing this as I prepare to ride RAGBRAI next week. It is a hot July day and so I am hoping the weather will be a little cooler next week. My first duty when I return will be my July 28 meeting with all of you.

It was wonderful to be able to spend much of July 4 with you. You have been the defenders of liberty and I cannot think of any place I would rather be on Independence Day. This year, the picnic was as enjoyable as always.

I want to thank the many volunteers who take time to cook and assist to ensure the picnic is a great success. Dennis Mack is always working that day, cooking hamburgers and hot dogs. It is a day that he does not have to report for work, but he does. Bob Fitzgerald also cooks hamburgers and hot dogs on Independence Day at IVH. I have been assisting with this celebration since 2001 and Bob has been volunteering for much longer than that. Jim Elliott always runs back and forth to make sure everything is operating smoothly. And Commandant Steen worked the food line to help you select what you wanted to eat.

Many others also assisted to make this day special. They all deserve a big "Thank you!"

I would like to thank the Iowa Veterans Home administration, staff and fellow residents for all of their support to me during the past few months when I have experienced the sudden illness and death of my daughter, Candace in May and the long-term illness and death of my son, Charles in June.

I am so thankful for the arrangements of having my daughter's memorial service at the IVH chapel and the coordination of the 21 gun salute. It allowed all my family to meet here for the service. I am also thankful for the special arrangements made for transportation to Grinnell, IA so that I could see my son while he was in hospice care at the hospital.

I also want to thank the Library for understanding my need to be away from my incentive therapy job periodically during these past few months. All the hugs, love and support meant so much at this difficult time.

# Editorials & Opinions

## MANNERS

Manners in the USA have almost disappeared from the 60's generation on down. We see it everyday at IVH where people wear their caps during meal time and cut in front of you in the hallways with their mobies or them selves. You rarely hear "Please" and "Thank You" any more especially in the teen age generation. Japan had excellent manners until it started to become "Americanized" The worst one at IVH is people standing directly in front of the elevator door. How do they expect you to get out? Here they are blocking the door and their facial expressions say "it is your fault!!" Walking 3-4 abreast is also another bad one. I guess this shows how self centered we are getting.

KLW, HH

## Is The Department of Education Afraid of investing Money To Buy School Supplies For Families Of Lower Income?

It seems that the state of Iowa, or the Department of Education does not want to approach such investments for school

supplies. Especially for the single parents, and families with an income well below \$20,000. I guess I take these things for granted. The reason being when I was growing up my parents were able to buy these items. Of course it was less expensive for paper, crayons, etc. back in the early 60's.

I realize now that the income for families has drastically decreased, and there is a rise in single families. So, basically my point is that Iowa and Washington, D.C. needs to take a second look regarding this situation and not just have this issue filed under a dead-end case.

WH Eilers, HH

## Honesty

Honesty: Yes, there are some people that have it. I left \$1.50 in my pocket. Jokingly, I said to the Laundry lady, "Did you bring my \$1.50 to me?" Of course, she didn't know the story. She took my name and that afternoon Bev game me a small envelope with \$1.50.

Yes, some of us are still honest. Thank you for returning the \$1.50.

Helen Hurtt, M3N

## Editorial disclaimer and policies

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## PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. Don't burn yourself.
2. Do watch where you are going.
3. It's no use pouting young man/  
lady.
4. There is no need to cry about it.
5. Just pay attention next time.
6. Well alright then.

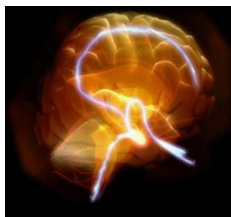


" We are just so happy to be  
parents."

## Unusual Acronyms

*Here are some acronyms  
that one doesn't hear in a  
general conversation.*

**SSRI** : Secure Storage  
and Retrieval of Informa-  
tion



**MPC:** Milk Protein Concentrate

**IFAK:** Individual First Aid Kit

**EDGE:** Evolutionary Distinct and  
Globally Endangered

**CAD:** Coronary Arterial Disease

**AACC:** Affirmative Action and Contract  
Compliance

**AADCP:** Army Air Defense Command  
Post

**ADB:** Apple desktop Bus

**AFD:** Automatic File Distribution

**AAA:** Agricultural Adjustment Act

**ABA:** American Barn Association

**ABP:** Agricultural By Product

**ABW:** Alfalfa, Barley, Wheat grass

## Looking for a Pen Pal?

I was recently  
contacted by a  
lady from Ur-  
bandale who  
would like to  
have one or two  
pen pals from  
the Iowa Veter-  
ans Home. If  
you are interested, please contact me at  
x 3 9 7 or email me at  
[lisa.purvis@ivh.state.ia.us](mailto:lisa.purvis@ivh.state.ia.us)



Thank you!

# ***Farmin' Like It Used To Be***

*By Ken Wilson*

## **GRANDPARENTS**

Grandparents of our generation (I am 64). I had a special relationship with my Mom's parents, as I was raised in their home from the time I was 10 years old. Grandparents of that era had different emotions. You kind of knew they liked you but love you? Hard to tell. Usually (at least in rural areas) they did not touch you unless it was a head rub. Never any hugging or kissing along with not too many words of love.

The men all wore overalls. Our generation started the blue jeans trick. My grandfather had the darndest thing when he was nervous talking to a feed or seed corn sales man. He would always stand with his hands clasped to the outside seams of his overalls. When he felt nervous or was thinking, he would turn his head in an oval circle with great timing; he also pulled the left seam down and the right seam up!!

I still remember it and try to show his great grand children how he did it. They think it is great. My grandpa could be funny but he rarely showed it. He was never grumpy like some older men. I don't think I ever heard him say anything bad about anyone. We lived on a dairy farm and you got up at 4:00 a.m. no matter what condition you were in from the night before. He seemed to sense if you came in late or were drinking and at 4:00am he would always grab your big toe and say "Time to get up!". You best

not complain about it. If you did he would just say "You should get to bed earlier!" When I think of him, I never forget this incident. We (my cousin, who also lived with us) and I knew the up-stairs stair count so well that we never ever turned on the light. We would bound up there at high speed, turn the corner 360 degrees at the banister and run the opposite way we came. One night I was running up the stairs in the dark and saw through the banister on my right a person walking. I could only see a pair of underwear and knew it was my cousin. So I put my arm through the banister and swatted him on the ass. GOD it was GRANDFATHER!! I turned ten shades of red. All he said was "Hey" and I could hear him chuckle!! That was the way J.A. Miller was.

My grandmother Alice was a typical rural housewife who had jobs outside as well as inside. She was in charge of the chicken house, the cherry and apple orchards, washing and scads of flowers, plus the garden. She was in her 70's!!

The one thing I remember the most is that grandma ALWAYS drove the car. Once and only once did I ever see my grandpa drive it and that was one night in the summer when he drove down the hill to the flat field to check the hay to see if it might be ready to bale the next day.

*Continued on page 8*

## *Farmin' Continued*

She always drove the pickup with her eggs to sell. In later years with the newer trucks my cousin or I always drove. He did use a tractor well but always missed the horses, which were sold in the early 50's

Grandma's social outings were church, the ladies club and the River Road club. We were very fortunate and had lived on old Highway six which mean good roads and early electricity. Older ladies of that time wore laced oxford shoes with a wide heel and kind of clunky by today's standards. The ladies hat was still in vogue. The women always asked about grand kids and children, and gardening. The question always came up in conversation with my grandparents "How many cows are you milking?" This may sound odd but in a day when everyone milked one or two cows and sometime eight we had 30-40 which just mystified everyone.

They probably should have asked "How many grandkids are you raising this week?" as there were 4 of us. My grandmother was always noted for her extensive use of pepper on her fried potatoes! As kids we used to joke about the fact that if she put the lid on the skillet after peppering the potatoes they would self combust and cook themselves!! Grandma was easy going in her late years. You could get a "What cha doin' now?" every now and then, but it was just a warning of what might be coming. None of my grandparents ever hit or spanked us a child; as long as I can remember that doesn't mean that they probably should-

n't have. Grandma had a brother named Harry. He was odd by anybody's standards. They always blamed it on the mustard gas of World War One. But after doing some talking I found out he was odd from day one! One of my cousin's dads was his brother, said that when they would take the horse and wagon to church Harry would run along behind it instead of riding. He was always patching roofs and walls with old tin can lids. He once fixed a spindle at the foot of my bed. He had wood working skills but he just took a round wooden rod and whittled down the ends with a knife and stuck it in there. If it was good enough for him it was supposedly good enough for us. My grandfather NEVER went out of his way to talk to him. He just tolerated him.

Harry would only say about 20 words per visit anyway. He had this little black bag he carried with him. Nobody knew what was in it. Everybody had their own idea about it. One day he left it on the kitchen table and I decided I would risk looking into it before he returned. It was just full of change and junk. What a let down! Because of my grandparents I was in 4-H, attended Iowa State University, farmed, and became a nurse. Believe me there is many a day when I wish they were alive to thank them. They literally saved our lives! Grandpa had a 6th grade education but he was smart. He had electric milking machines, artificial insemination of cows, one of the first silo un-loaders around, and one of the first exhaust fans allowing us to keep cows instead of just relying on the windows being open.

*Continued on page 10*



## Nutritionally Correct

By Patti Crupi. RD/LD

We see the phrase often on television commercials or angled across product packages in the grocery store; "Contains no trans fats" or "Trans fat free". So, what exactly is a trans fat and why it was in our foods to begin with?

Trans fat is made when manufacturers add hydrogen to vegetable oil in a process known as "hydrogenation". It is basically converting a liquid oil into a solid fat, much like the consistency of the commonly used vegetable shortening known as Crisco. This has been occurring in the food supply for years in order to increase the shelf life of foods or to improve the taste or texture of the product. Margarine, made when oil is hydrogenated and formed into sticks, is another example of a food containing trans fat. This was done so that the product would look more like its counterpart, butter.

Recently, many healthier margarines and spreads have become available which contain less hydrogenated fat. Commercially, trans fat is primarily used in crackers, snack foods, cookies, pastries, donuts, pie crusts, biscuits, and some pizza dough. Many fast food restaurants also use trans fat to fry items like French fries because the fat can be

used repeatedly without changing and not affecting flavor. We used to see these fats listed on



food labels with terms like "partially hydrogenated oils".

However, the medical community has become concerned as new information has been gained regarding the implications of using these trans fats. It now appears as though these trans fats substantially increase our risk for Coronary Artery or Heart Disease. Much like saturated fats, which we have known for some time were contributors to heart disease, these trans fats help raise the blood cholesterol level. In addition, the trans fats appear to increase our LDL or bad cholesterol and may even decrease our HDL or good cholesterol levels. As a result of this information, food manufacturers were required by the FDA to list the amount. With this new requirement, consumers were then made aware of foods high in trans fats. Consequently, manufacturers raced to change their products to make them more heart healthy. So, what is the bottom line?

*Continued on page 11*

## Poetry Page

By Dale Hermon

### A Seed Waking UP

A seed is a sealed container containing all the necessary parts. It knows the conditions that it needs to become active. Such as, water, light, and the time of the year for the normal conditions for growth. The seed has a container within or a computer. It can sense the time to start the growth process. It doesn't even need electricity. The second you put in the ground it goes from dormant to growth. It pretty well takes care of itself. Seeds have been found in pyramids from two thousand years ago. A seed will sprout when put in the right conditions.

A corn seed aka, kernel starts out as soon as it's planted. If you could take a seed apart at planting time, you'd see that it started a set of roots from one end and a sprout of green from the other. They pop out of the ground, or dig down in order to furnish what is needed for the plant to grow.

As it grows through the soil the plant absorbs the different minerals, moisture, and other nutrients needed for making new growth. With the aid of chlorophyll the plant releases oxygen and other gases etc. back into the air and soil. The chlorophyll is the green in the leaves. It works its miracle out of the water leaving the oxygen to be dispersed in the air. It also leaves nitrogen and other compounds in the soil. It's just like a factory; it takes the raw product in the soil and turns it into a finished product that can

be eaten. In late June or July, the male bloom of the corn plant is removed, in some cases by seed companies. The purpose of removing the tassel is to keep the corn from being pollinated with other plants in close proximity. The silk on the end of the corn ear is the female of the pollination process. Each one of the grains of corn is connected to the silk.

Perfect for the time of sweet corn is the milk stage. That's when you press down on a kernel and the result is a sticky drop of milk. Perfect for eating.

### Yum, Yum

*Farmin' continued from page 9*

He never did figure out TV. He always wondered and asked how they got those people inside that box. He never let us do it, but he loved TV wrestling. To him it was as real as real could be; it was NEVER fake to him. Grandpa always sat at the head of the big kitchen table which ran north and south. He was always at the north end. Nobody, including guests or help would ever set there. I usually sat to his left. He had these huge knuckles that stuck out and I would sit there and watch them. He always said "please" but never "thank you". Bread was an absolute necessity for a meal. It could NOT occur without it. If it did it was NOT a meal. My grandmother ALWAYS had extra loaves in the chest type freezer. Talk about changing times our freezer was an International Harvester. Only chest type freezers no side by side or upright.

## GETTING TO KNOW YOU — OUR STAR VOLUNTEERS —

Colleen Goodman

Birth date October 6, 1936

Greetings! I'd like to take this opportunity to introduce to you today one of our "great volunteers". For



the past nine years, Colleen Goodman has truly enjoyed her time spent with the residents. Colleen looks forward to joining residents and staff on a weekly basis, traveling to activities or traveling together with residents as they head out for a scenic drive and a tasty meal at a fine restaurant.

Colleen tells me they've traveled and had a chance to see a variety of local sights and try new dishes anywhere from right here in the Marshalltown area, Conrad, Colo, Ames, Des Moines or they may head out for the day to travel even so far as to Waterloo or Cedar Rapids. She also tells me that the best part of the deal is getting a chance to get to know the residents better and to hear stories of their own life's adventures.

What strikes Colleen the most about volunteering here at IVH? She tells me it's the way that the residents go out of their way to let you know that you are appreciated. She tells us the very first visit to IVH left a most memorable impression. When preparing to depart for

the day, a resident approached Colleen, thanked her and followed the thanks with the parting line: "Thanks for coming, we need you." That someone would go so far out of their way to make a person feel needed and important struck a chord deep within. Colleen remarked that nowhere could you feel so deeply appreciated.

In the end, we both agreed that we are the ones that have all the fun and are so lucky to have our paths lead us to IVH. We only hope that others will join us and discover the fun!

### *Trans Fats*

*Continued from page 9*

First of all, we all need to read labels on the foods with trans fat listed as an ingredient is another positive step. However, limiting these foods which contain high amounts of fat in general, such as, fried foods, chips, cookies, pastries, pies, and snack crackers can go a lot further toward reducing our risk of heart disease.





# DECLARATION OF INDEPENDENCE QUIZ

We at the Stars n Stripes came up with an idea to see how well you know the Declaration of Independence. After you take this quiz the answers are on page 15. Enjoy and have fun.

Let's begin.

1. Who wrote the draft of this document?
2. True/False was George W. Bush a part of this historic event?
3. Did Dick Cheney have anything to do with this?
4. If Harry Truman were alive during that time, would he have said: **"Give 'em hell Jefferson."**
5. How old is the Declaration of Independence?
6. Do you agree/disagree that we have forgotten what this document actually mean?



## NEARLY 24 MILLION HAVE DIABETES, CDC STATISTICS SHOW

*Contributed By: Deb Rubenbauer: RN.:Diabetic Educator*

CDC reports a steep rise in Diabetes Patients in U.S.

June 24, 2008—nearly 24 million people in the U.S. have diabetes—including almost 6 million who don't know they're diabetic — and at least 57 million have pre-diabetes. That's according to the CDC's latest diabetes statistics. The figures show a steep rise in the number of people with diabetes—up by more than 3 million people in about two years, notes Ann Albright, PhD, RD, director of the CDC's division of diabetes translation.

Here are the CDC's new diabetes data for 2007: **Number of people with diabetes:** 23.6 million, or 7.8% of the population **Number of people diagnosed diabetes:** 17.9 million

**Number of people with undiagnosed diabetes:** 5.7 million

**Number of new cases of diabetes diagnosed in adults aged 20 and older in 2007:** About 1.6 million

**Number of youths younger than 20 with diabetes:** About 186,300 it's very important that people understand how serious this disease is and that this growth in this epidemic is very, very concerning, particularly those new cases," Albright tells Web MD. "We're hopeful that this data will shine a light and remind people that we must do more in **diabetes prevention** and control." Diabetes is the **No.7 cause of death**

among U.S. adults. Diabetes also makes other serious conditions, including **heart disease** and **stroke**, more likely.

For instance, researchers reported last year that **Type 2 diabetes hastens heart disease and shortens lives** by about eight years.

### Why Diabetes Is Rising

Albright lists several reasons why diabetes is becoming more common in the U.S. "Front and center is the rise in **overweight** and obesity. That is certainly a strong factor in the development of type 2 diabetes," the most common type of diabetes in adults, says Albright.

America's aging population is also a factor, since type 2 diabetes becomes more likely with age, notes Albright. About 23% of adults aged 60 and older have diabetes, according to the CDC's new diabetes statistics.

Also ethnic groups that are the hardest hit by diabetes—African-Americans, Hispanics, Native Americans, Asians/Pacific Islanders—have been growing. And people with diabetes, especially men, are living longer than in the past, Albright points out. "We want to see the numbers go down for eight reasons," says Albright. "We don't want to see the numbers go down because people with diabetes are dying prematurely.. We want to see them go down because we're having fewer new cases of diabetes. Once someone's developed the disease, we obviously need to be working to help them live long and successfully with the disease."

*Continued on page 15*

# Chapel Events for August

**Videos for August are:**

**Videos-**

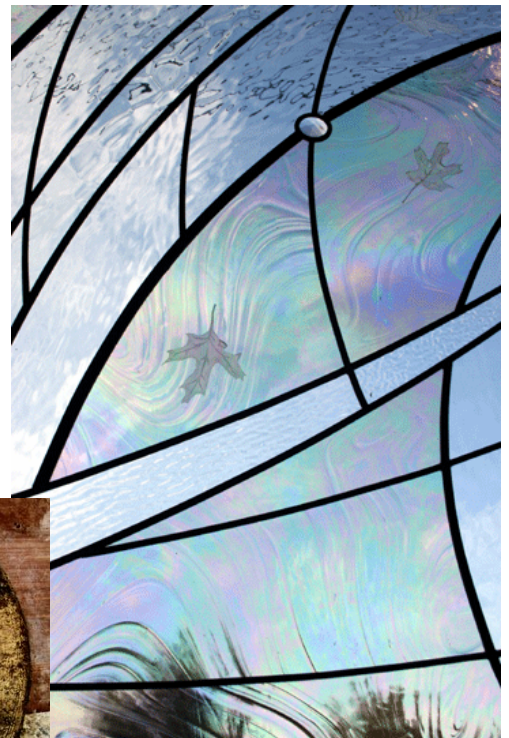
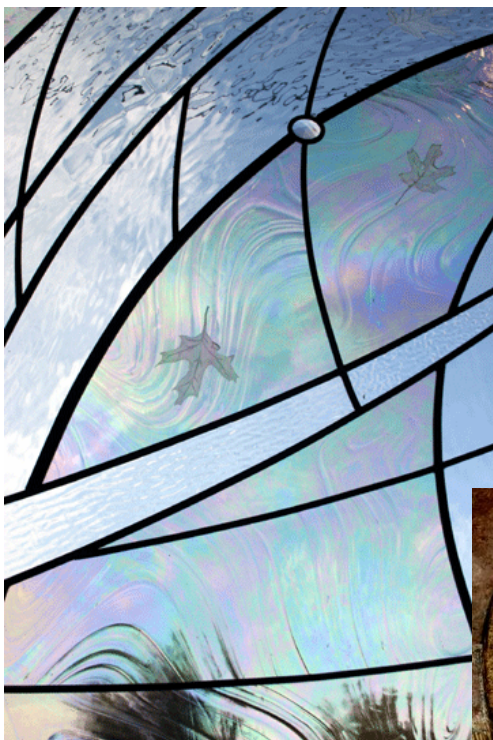
**Tuesdays at 3:00 pm:**

**August 5: The Lord's Prayer. Entering Into God's Country**

**August 12: The Lord's Prayer. Entering Into God's Country**

**August 19: The Lord's Prayer. Entering Into God's Country**

**August 26: The Lord's Prayer. Entering Into God's Country**



**RESIDENTS—Please note: Chaplain Angela Doty's office is now in the Resident and Family Services area and Chaplain Nelson office is located in the Chapel.**



# Midwest Phrases

By Ken Wilson

## This month's phrase is: STRAIGHT FROM THE HORSES MOUTH

When we hear someone say they had such and such a piece of information "straight from the horse's mouth," we know that he received it from the highest authority, from the one person whose testimony is beyond question. The expression comes from horse-racing and has to do with the age of the racers. Scientists tell us that the most certain evidence of the age of a horse is by the examination of its teeth, especially those of the lower jaw. The first of its permanent teeth, those in the center of the jaw do not begin to appear until the animal is two and a half years old. A year later the second pair, those along-side the first, begin to come through, and when the animal is between its fourth and fifth years the third pair appears. Thus no matter what an owner may say of the horse's age, by an examination of its lower jaw an experienced person can get this information at first hand, straight from the horse's mouth.



## CDC ON DIABETES

*Continued from page 13*

We want to see them go down because we're having fewer new cases of diabetes. Once someone's developed the disease, we obviously need to be working to help them live long and successfully with the disease." Albright also highlights the fact that people with diabetes are more likely to know they're diabetic. The percentage of undiagnosed diabetes cases dropped from 30% to 25% over a two year period. "We're happy to report that there are more people who are aware that they have diabetes than in the past," says Albright.

### Declaration Quiz Answers From Pg. 12

1. Thomas Jefferson.
2. False.
3. Not a chance.
4. Yes.
5. 232 years old
6. Agree

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## Improving Your Vocabulary

Do you know the definitions of these words?

1. Sermonize.
2. Unnerve.
3. Xenophobic.

*Answers on back page*

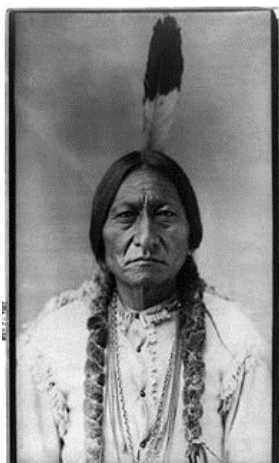
## *Native American Wisdom and Proverbs*

*By Terry "Gray wolf" Maus M2N*

"Treat the earth well: it was not given to you by your parents, It was loaned to you by your children. We do not inherit the earth from ancestors, We borrow it from our children." Ancient Indian Proverb

Listen or your tongue will keep you deaf.  
Native American Proverb

When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice. White Elk



## Iowa Veterans Home Sponsors Race Day

*By Lisa Purvis, PR/Marketing Director, Legislative Liaison*

Residents and staff of the Iowa Veterans Home enjoyed "Race Day" sponsored by the R.E.A.L. (Recognizing Employees Achievements and Loyalty) Committee on July 23<sup>rd</sup>. Several cars from local raceways, as well as the pace car from the Iowa Speedway, were displayed. A fundraising lunch was served by R.E.A.L. Committee members; the menu included jumbo hot dogs, baked beans, chips, cookie, and a drink. Tickets were sold for raffle prizes, with the grand prize being two tickets to the NASCAR AMP 500 Race at Talladega on October 5<sup>th</sup>.



Floyd Patton with a local Race Car Driver, Wendy Reisinger.



Wayne Person and Marie Robertson manning the ticket buckets.

# Jane Jech

Iowa House

July 20<sup>th</sup>, 2008

The 4<sup>th</sup> of July celebration was a great event! Thank you Veterans for sharing your home with our whole community! I live right next to you so I watched the fireworks from my backyard. They were wonderful but my favorite part of the day came earlier. I spent time walking the grounds meeting individuals, families and of course all of YOU who gathered together to celebrate our freedom.



So many of YOU willingly chose to share your very lives to protect that freedom. I want to say thank you and, if elected to be your next State Representative, I will pledge to continue the fight to protect freedoms in our state. They are slowly but surely being taken from us. They came at much too high a price for us to let that happen. Freedom must be guarded constantly!

On a lighter note – I've learned that Floyd and Jerry Patten don't give up easily, they can be pretty funny guys, and they totally love bowling! Terry Gibson, who works in dietary, loves to sing! My good friend, Brock Severson, who likes to "push you around," can tell you even more than you want to know about the Kansas City Chiefs, the Iowa Hawkeyes, and his good buddy, Jeff Clement, who plays for the Seattle Mariners - just ask him! Brock was in his wedding.

Showing Respect for VETS

Candidate for State Representative



# Gerhardt's Laugh Line..

## ***FIFTY BUCKS IS FIFTY BUCKS!***

Morris and his wife Esther went to the state fair every year, and every year Morris would say: "Esther, I'd like to ride in that helicopter." Esther always replied: "I know Morris, but that helicopter ride is fifty dollars, and fifty dollars is fifty dollars." One year Esther and Morris went to the fair, and Morris said: " Esther, I'm 85 years old. If I don't ride that helicopter, I might never get another chance."

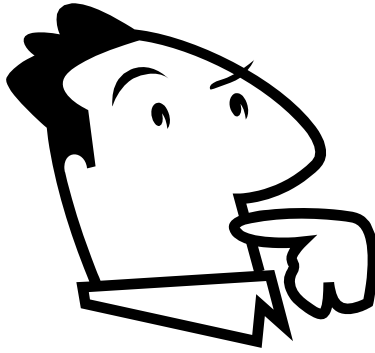
To this, Esther replied: " Morris that helicopter ride is fifty dollars, and fifty dollars is fifty dollars." The pilot overheard the couple and said: "Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you! But if you say one word, it's fifty dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word. When they landed, the pilot turned to Morris and said: By golly, I did everything I could get to you to yell out, but you didn't. I'm impressed!" Morris replied: "Well, to tell you the truth, I almost said something when Esther fell out, but you know, fifty dollars is fifty dollars!"



## Thinking Out Loud

By Ken Wilson



- 1) We are having a typical July for heat a bit more humidity maybe
- 2) Well the big building project is underway with the destruction of the old houses.
- 3) This place will be busy with trucks and construction equipment for many years!!
- 4) Bill and I think the area in front of the Dock elevator must be the nosiest in IVH!
- 5) Well, we have what now 3 dogs at IVH? Heinz Hall, Loftus 2 and Malloy 2 South?
- 6) My it is interesting how a person gets old fast. I am scheduled for a new total knee and tried to ride my new bike. GOD what a disaster that was!!:)
- 7) A friend of mine gave me some toy construction equipment for my grandsons. No MADE IN CHINA on their stuff!
- 8) The Germans wouldn't shop at Wal-Marts stores either when they tried to put them in Germany. But they are a smaller country and can resist easier.

## IVH Music Festival Results...

Thank you to the many folks who auditioned for the Don Laughlin 2008 Music Festival. It was difficult to limit those participating, but the committee decided on the following people:

Rachel Morrow – vocal solo  
 Larry Vignaroli – guitar solo  
 Terry Taylor – vocal solo "Kaw-liga"  
 Keith Williams – vocal solo "God Bless America Again"  
 Steve Julius – vocal solo "Harbor Lights"  
 Jim Watson – guitar solo "Transcendent Moonlight"  
 Roland Dion – vocal/guitar solo "Ramblin' Man"

If you were selected, please contact Kim Marsh at ext 330 to set up a rehearsal schedule.

Again, thanks to all those who auditioned! Be sure to join us September 6<sup>th</sup> for a full day of good music.

Kim Marsh, Music Therapist  
 Don Laughlin, Malloy 2S



# What's New In The Peterson Library

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## Books:

Audition: Walters, Barbara  
Tailspin: Coulter, Catherine  
Return to Summerhouse: Deveraux, Jude  
Death Angel: Howard, Linda  
No Choice But Seduction: Lindsey, Johanna  
Heart of Texas: Vol.1 and 2: Macomber, Debbie

## VHS Tapes

The Arrival  
Back to School: Rodney Dangerfield  
Freedom Band: Gathier, Bill and Gloria & Their Homecoming Band  
Greedy: Lynn, Jonathan  
Happy Gilmore  
Nutty Professor II  
The Postman  
Virus

## Movies On DVD's

The Abandoned  
Abbot and Costello— Jack and the Beanstalk  
Airplane  
The Attic  
Basic Instinct  
Benji  
Black X-Mas  
Blink  
Blood and Chocolate  
The Bodyguard  
Boogeyman  
The Cave  
Charlie's Angels Full Throttle  
Constantine  
Cool World  
The Covenant  
Cursed



Dark Water  
The Da Vinci Code  
Death Tunnel  
Decoys  
Disturbia  
Earth vs. the Flying Saucers  
The Evil Woods  
The Exorcism of Emily Rose  
Fear  
Feast  
Flight of the Living Dead  
Gattaca  
The Greatest Game Ever Played  
The Grudge  
High Plains Drifter  
Hollow Man 2  
Horror of Dracula  
Indiana Jones and the Last Crusade  
The Island  
James Dean  
The Kingdom  
Lake dead—After Dark Horror Fest  
Land of the Dead  
Laura  
The Legend of Zorro  
Mad Money  
Messengers  
Miami Vice  
The Mist  
The Mothman Prophecies  
Mr. Woodcock  
Munich  
Night Passage  
Ozzie and Harriet  
Perfect Stranger  
Pulse  
Red Skelton in Color  
The Ring  
Rise—Blood Hunter

Rooster Cogburn  
Silent Hill  
The Skeleton Key  
Skinwalkers  
Slayer  
Street Fighter& Return of the Street  
Fighter  
Sublime  
Terminator2  
Underworld  
Vincent Price Signature Collection  
Visitors  
War of the Worlds  
What Dreams May Come  
When A Stranger Calls  
The Wicker Man  
The Woods  
I Am Legend  
King Kong  
VanHelsing  
30 Days of Night

### **Music on CD's**

The best of the Allman Brothers Band  
Sounds of Summer/Beach Boys  
The Best of Blondie  
The Best of Chicago  
The Very Best of the Doobie Brothers  
Tommy Dorsey Collection  
Earth Wind & Fire  
The Best of Benny Goodman  
Jackson 5

The Greatest Hits of Tommy James & the  
Shondells  
Harry James and his Orchestra  
Elton John Greatest Hits  
Best of Great Instrumentals/James Last  
The best of Dean Martin  
Band on the Run  
Amazing Grace  
The sound of Glenn Miller  
Re-Creation Cinimagic!  
Traditions Quartet  
Vivid  
All Time Gospel Favorites  
Steely Dan  
Styx-Greatest Hits  
#1's of the 60's  
60's Classic Rock  
Best of 60's Rock  
Best of 60's Rock Radio  
Best of 70's Super groups  
Billboard #1's Classic country  
Billboard Top Hits  
Billboard top Rock & Roll Hits  
Into the West Soundtrack  
One Hit Wonders  
Pachelbel Canon and Other Baroque  
Masterpieces  
The#1 Pure Country Classics  
Sounds of Soul





## If you drink coffee while moving from place to place please:

### PUT A LID ON IT

The reason being is that if coffee is spilt on you personally, or on the floor this is an open invitation for you to either get burnt or land flat as a flounder on the floor. The same situations goes for visitors. So think about it. Ok?



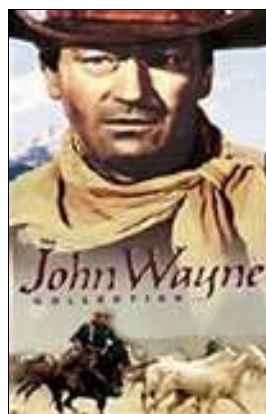
## IF YOU READ THIS PAPER, YOU ARE WELCOME TO WRITE FOR THIS PAPER!

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

(All copyrighted material MUST have written permission to copy.)

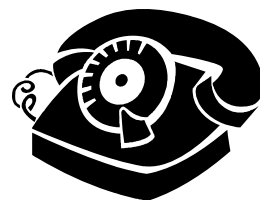
## Something to take into consideration...

When you check out either a movie on DVD or a music CD from the library, please return them when they are due. Also do not steal them for they were donated by local residents and anonymous donors. Thanks.



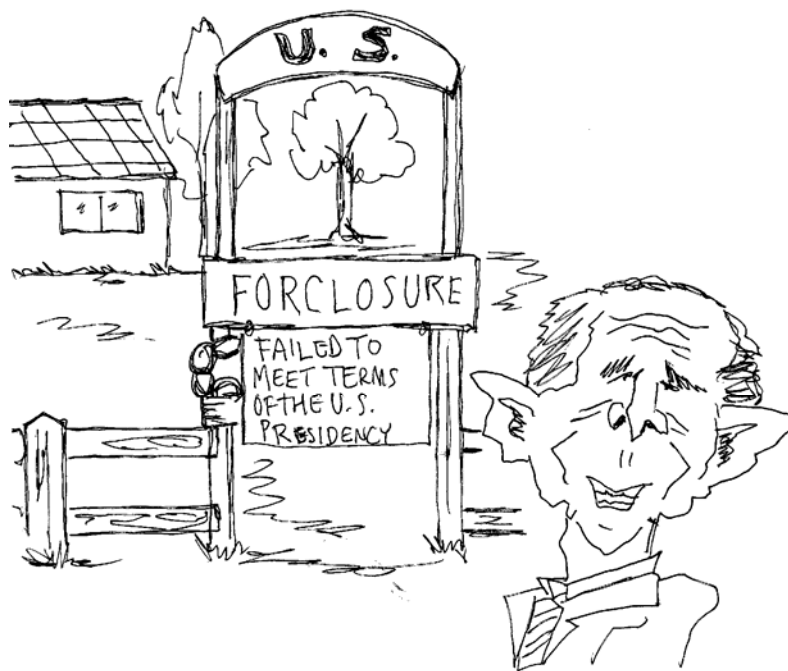
Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'N' Stripes. We'd love to hear from you.

*For routine office calls, Please use extension 794.*



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## *Cartoons and Humor*



Due to the Bush's ranch foreclosure.  
George replies: "Say, could you spare a  
room in your home for Laura and my-  
self?"

B. Eilers

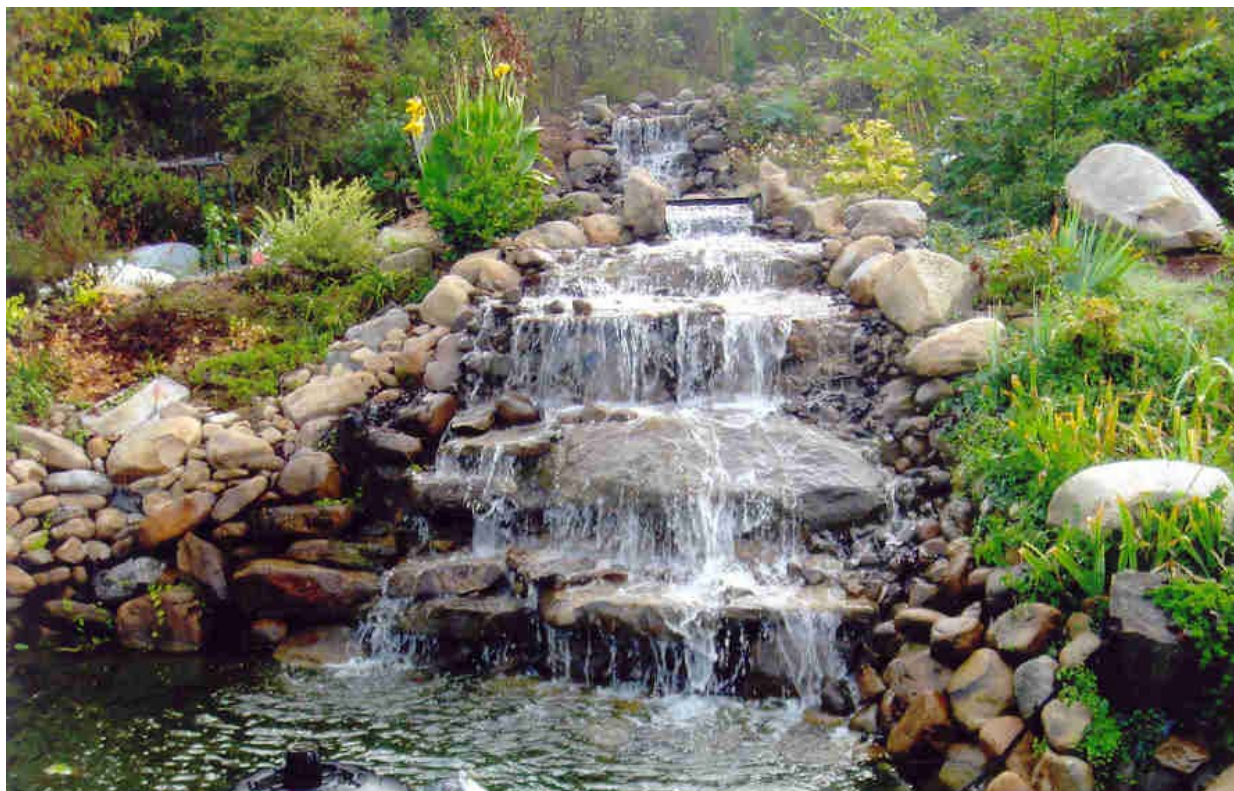


Welcome to McDonalds. Home of the  
hamburger that usually comes off a  
warming tray or if one is lucky the ham-  
burger will come hot off the grill.



Why should us pep-  
pers be the scapegoat  
for the salmonella out-  
break? It's those low-  
down lousy good for  
nothing tomatoes that  
started it all.

# Quiet Reflections



## Answers to Improving Your Vocabulary

1. Preach, Evangelize, lecture somebody about behavior.
2. Weaken, Enfeeble, cause somebody to lose nerve.
3. Chauvinistic, Insular, fear of foreigners; an intense fear or dislike of foreign people, their customs, culture or foreign things.

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**A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- Mark Twain**

